

**BEN PAKULSKI PRESENTS...**

# **5 TRICKS**

***TO IMMEDIATELY***

# **DOUBLE YOUR GAINS**





# **FREE REPORT**

## **Compliments of:**

**Benjamin Pakulski**  
[www.BenPakulski.com/mi40](http://www.BenPakulski.com/mi40)

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**The 40-Day MI40 Training System**  
**“secretly” releases on November 29, 2011**  
**via an invitation only discounted 3-day pre-sale.**

**It promises to double your gains in half the time!**



## A PERSONAL INTRODUCTION

First things first, I want to congratulate you for taking the initiative to take control of your life. Too many people these days sit around thinking about how they can “attract” great things into their lives, instead of getting off the couch and doing something about it!

By downloading this report, you have proven that YOU are a DO-ER!

The information I am about to share with you is ***“The 5 things I’m about to share with you will be the most critical principles to building lean muscle.”***

The fact that you took the time to come to my page to download this free report tells me that you may already know “a little” something about me and what I do, or perhaps you don’t. Either way, before I get to the 5 things you need to know, I want to get you thinking along the lines of where you are NOW, and what got you here?

Fair enough?

Many of you are looking to add a few pounds of quality muscle. Some of you may be looking to improve a weak or lagging body part. Then, there are others who want to completely overhaul their physique and create their most ideal, amazing, incredible, jaw-dropping, dream physique! (Sorry, I get excited about this stuff!).

The one thing we ALL have in common, is that we are unhappy with some part of our physique and are looking to find the most effective way of improving it, right?

Exactly!

That is nothing to be ashamed of. As human beings, we SHOULD strive for more! That doesn’t mean we aren’t very happy with our lives; it just means we want

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to be better, and we don't want to spend years wasting time, doing the wrong things!

Trust me, I've been there too, just like you. In fact, I was probably dissatisfied a lot more often than I was satisfied with my physique. Which is ultimately WHY I am where I am today!

I have spent FIFTEEN (15) years researching everything I could get my hands on to learn the most effective and optimal way to improve my physique. I always knew I COULD do it; I just didn't know HOW to do it!



**The  
Thinking  
Man's  
Bodybuilder**

PHOTO: RICK SCHAFF





## THE GOOD, BAD & FRUSTRATING NEWS...

The **good news** is that you can find a lot of “bodybuilding 101” information on free websites (often written by 20 year-old kids in exchange for free supplements from the site owners) and in some magazines, and it’s taken you where you are today. That’s okay but you want more! **The generic info isn’t going to cut it anymore.**

The **bad news** is that most info is often contradicting, taught by “arm chair” experts and often being shared by someone with a hidden agenda. (Read: buy this shiny object)

The **frustrating news** is that the cream-of-the-crop information is only accessible by Olympic athletes and shared amongst the brightest doctors, trainers, and therapists. **They are not updating their Facebook pages with their finding!**

## THE CREAM-OF-THE-CROP HAS NEVER BEEN ALL CONTAINED IN ONE PLACE.... UNTIL NOW!

One of the most important factors in your success going forward is going to be where you get your motivation. This is an important factor to identify before setting out to change ANY aspect of your life.

Do you just want to put on a few pounds of muscle to feel better about yourself? Look better in your clothes? Drop a little body fat? Maybe you’re completely tired of being the skinny kid, or being the person with narrow shoulders and a pancake chest?

Do you simply want people to be able to tell that you workout, without having to ask? (We’ve ALL got that annoying question!).



## MY SURPRISING, BUT TRUE MOTIVATION STORY...

For me, it simply started out with my wanting to be “fit”. Everyone in my family was overweight, didn’t eat well (at all!), and NO one worked out (so much for the “genetic” argument). I come from a family of simple, hard working, blue collar people. They always told me that I could do absolutely anything I wanted to, but I bet they would’ve believed that I would grow up to be a penguin before they would’ve believed I would be a pro athlete and bodybuilder!

Once I set my sights, there was no stopping me.

The point of this story is that everyone can look for, and find excuses, in their lives. If you find something you WANT, then go get it.

Set your goals high! Surround yourself with the right people and the right information, and don’t quit until you have achieved your goals!

### On to the reason you’re here!

I am very excited to finally be able to share something that I have been perfecting for years! Wouldn’t it be great to finally just “get it”? To understand EXACTLY what it takes to build muscle? To step in the gym and KNOW that you have taken all the necessary steps to start the growth process.



## I KNOW WHAT'S *REALLY* HOLDING YOU BACK.... BECAUSE YOU'RE JUST LIKE ME...

I know you know where I am coming from when I talk about that feeling of leaving the gym and wondering

*“Did I do enough?”*

Or even worse

*“Damn, I feel like I could’ve done more!”*

I used to HATE that. Sometimes I even felt like I wanted to go back.

***Well, guess what? There is a clear-cut, tried-and- tested, real- world way to train a muscle and **KNOW** you have done enough to grow!***

It's **not** a matter of, “You need to figure out what works for you...”

Those are bullshit statements!

## I'M HERE TO REVEAL THE IRREFUTABLE METHODS TO BUILD MUSCLE.

Pretty exciting, huh?!

Yup, I was almost in tears when I realized it. (Not really, but I was pretty darn excited).

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Now, there are a few variables that go along with this so take your time and make sure you LEARN them. My goal here is to make each and every one of you realize that you are in CONTROL.

I want you to take each and every variable and be able to manipulate it at will.

Want to build bigger triceps? **BANG!**

What to change the shape of your back?? **POW!**  
(You're all diggin' the batman soundtrack now, aren't you?! ☺)

Ok, ok, enough of my dramatic sound effects. You get the idea.

All kidding aside, I am SO EXCITED to share all this knowledge with you. I honestly believe that ANYONE can have the physique they dream of! It is all within your control, or soon will be!







## **WARNING**

**“The information you are about to receive is  
INCREDIBLY VALUABLE, HIGHLY SCIENTIFIC,  
EXTREMELY EFFECTIVE, & VERY FAST-ACTING.”**

**PLEASE READ CAREFULLY AND APPLY WITH CAUTION**



## **MUSCLE KILLER #1** **BEING OBSESSED WITH LIFTING HEAVY!**



Ever notice that you FEEL the muscle better on your warm up sets than you do on your „working sets”? Isn't it so true that the lighter weights often burn way more than the heavy ones? Why do you think that is?

Well, one of the main reasons is that you're not focusing all your attention on stabilizing a weight and barely moving it from point A to point B, likely using every muscle in the general vicinity to get it to move and the range is WAY smaller than it was with the lighter weight. The PROBLEM here is that the TENSION has SHIFTED everywhere BUT the working muscle!

“Heavy weights are useless if you can't FEEL tension on the target muscle!”



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Your body adapts and starts using anything it can to keep itself safe. You can continue lifting heavy weights, all day long, but without optimal muscle tension, don't expect to see any improvement in your skinny arms and legs! If you can't „feel” your muscles then you won't be able to exhaust them enough to illicit the hormonal, metabolic and nervous system response for muscle growth.

Let's go through this again.

**You will NEVER build a muscle you can't FEEL.**

At some point in your muscle-building journey, you have all heard the term “Mind/ Muscle Connection.”

But REALLY, what the heck does that mean!?

We've all heard someone say, “You've got to squeeze” or “If you don't squeeze it, you will never build muscle”.

BUT how many of us REALLY know what that means? Or how to do it?

The truth is: not many!

**QUESTION:** If we've all heard it, and we all know we NEED to be doing it, why aren't more people doing it?

Because IT'S NOT EASY TO DO!

Or is it?





**ANSWER:** It's VERY easy to do! But in order for you to do it, you must first know HOW to do it!

What an amazing concept.

This brings us to...

**SOLUTION #1**  
**TO DOUBLING YOUR MUSCLE GAINS:**  
**TENSION! TENSION! TENSION! NOT HEAVY WEIGHT!**  
**INTRODUCING *INTENTIONS!***

Many of you who follow my training advice have heard it before. Muscles communicate in terms of TENSION! Muscles have NO idea how much weight you're lifting. They only recognize how much TORQUE is going through them. What does this all mean to you?

THE best news you will hear ALL DAY:

YOU can build JUST AS MUCH MUSCLE USING a 20lb weight as you can using an 80lb weight!!!

***"BPak, YOU'RE CRAZY!"***

Nope, it's true. IF you learn how to apply intention to as many exercises as you can, you will learn to manipulate the amount of weight you're using, in your favor!

You're probably thinking a few things right now, like...

*"But I heard big weights build big muscles!"*

**WRONG.**





***That's what I call meathead math.  
Increased TENSION builds muscle.***

Or maybe you're thinking, "The guys at my gym with big muscles use big weights!" Ya, they do! Most guys that carry any muscle at all are older and have been training for years. They've tried every type of training under the sun and really have NO clue WHAT built the muscle they have; they just threw enough randomness at the wall and something stuck along the way.

Wouldn't it be nice to be able to build the PHYSIQUE YOU WANT in half the time? Knowing that you're doing the right thing each and every time you step in the gym....YUP! No-brainer.

It's probably the COOLEST thing I've ever come across. No ONE thing changed my life and my physique like INTENTION has. Imagine now being able to create as MUCH tension, or as little tension, as you want, whenever you want, completely at will.

**GET THIS:**  
**Increased Time Under TENSION = GROW TIME!**

Imagine now going to the gym and not having to worry whether you're going to feel great, or feel terrible, or whether you're strong that day, or weak, or whether or not you will FEEL the muscle that day! You will never doubt your ability to create MAXIMUM tension and, therefore, have mind-blowing workouts!

THIS SOUNDS AMAZING TO ME! And trust me when I tell you that once you "get it", you will never want to train without it. So what does Intention look like in action?

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## WANT A BIGGER CHEST, OVERNIGHT?!



Just when you think you've seen all, Charles Glass throws new angles at me. I love it! Even at my level I'm still learning and seeking out the best!

I want you to try something sitting there at home, and the next time you go to the gym try it out.

Stand in your doorway facing sideways, extend your arms out in front of you like you might do if you were about to grab a barbell out in front of you to bench press. With one arm on either side of the wall (i.e., wall is between your arms), keeping your arms straight and locking your arms out, try to “shove” or push into the wall with both hands.

What happened?

**Your chest contracted, didn't it?** You didn't even think about contracting your



chest; it just happened on its own. Hmmm..."How can I apply this to chest training?" you ask yourself. (If you're not, you should!).

On a bench press, grab the bar, and apply a small amount of force inward. Without actually moving your hands, try to shove them toward each other.

Try doing this on a bench press next time you're in the gym -- the feeling and results will blow your mind.

Keep in mind it takes some time for your body to override the old way you used to do bench press. Don't worry, you won't be needing that anymore!

## **WANT BETTER LEGS IN A FEW DAYS?!**

One of the most common things I hear from guys is "I want to increase my 'sweep'" or ladies, "I need to tighten up my saddle bags". Sound familiar?

Yup you all know you've said it, or at least heard someone say it. People become obsessed with this area because it completely dictates how we look in a pair of jeans.

Nobody wants a squishy pillow back there, flapping in the wind when you walk. We all want a tight round bum to attract the opposite sex. No doubt.

Well, it's a lot more simple than you think once you understand this simple 'intention' trick.

I see so many people doing glute "kickbacks" or sidekicks or adductor/abductor machines, to try to tighten and build these areas. The truth is that BIG muscles require large amounts of tension.

Little "cutesy" movements aren't doing "squat" for those big muscles.



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You need to squat! But you need to squat with intention!

I want you to stand up.

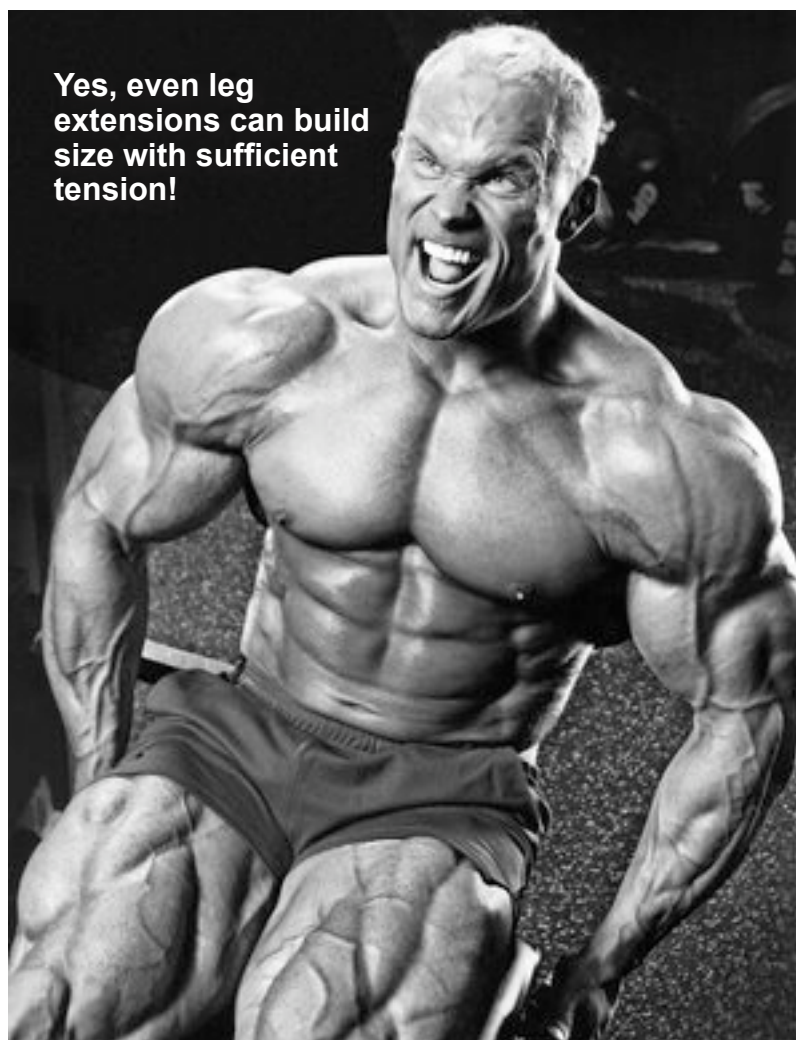
Take a shoulder- width stance like you would if you were going to squat.

Now before you squat, I want you to just lightly shove your feet out against the ground (without moving obviously, just try to push them out).

What happened?

The entire outside of your leg just contracted, didn't it? COOL!

Now I can control EXACTLY where all the tension falls during ANY exercise in the gym.



DING DING DING! We have a winner!!

***Control the tension,  
control the size you build your legs!***

Guess what? This stuff exists for basically every body part! Over the next two weeks, I'm going to reveal how to explode new muscle off your entire frame.

**PARTY TIME!**





## **MUSCLE KILLER #2** **BELIEVING THAT YOU HAVE** **“GENETICALLY WEAK” BODY PARTS!**

Say WHAT?! BPak, whatchu smoking now'?

I know it sounds like a silly statement, but hear me out.

**We *all* have our “strong” body parts. You and I both have body parts that just seem to grow much more easily than the rest of our parts: the part that we really don’t have to think about when we train: it just sort of feels natural and grows easily. Isn’t this so true?**

Look at your training buddies and you’ll see how real this is. You and your training partner use the same weight and same exercises and same intensity and his arms are huge, and yours are small. Or perhaps it’s another body part this resonates with.

Have you ever stopped to ask yourself WHY this is true?

The truth of the matter is that it’s what you DON’T SEE that is making all the difference in the world.

Is it just because maybe I did a few extra calf raises in my mother’s tummy? Or, maybe I knocked out a few extra pushups in there?

What does “genetics” really refer to? Does it mean that some people just have more dense muscle than I do?

Possibly, but people typically have the same muscle density all over their bodies (at least proportionally). So, out goes that theory.

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So then, what does this umbrella term “genetics” actually refer to?

After having extensively studied biomechanics and observed more athletes than I care to remember, the answer is actually pretty simple.



This applies to my buddy Steve Kuclo too.



***Genetics refers to the “mechanical advantage” some muscles have, and other muscles do not.***

To explain this in simple terms, it means that some people's structure is just set up to develop certain body parts quickly.

Some people might have short arms, or slouched shoulders. Some might be double-jointed in their knees. Maybe they have a particular pelvic tilt to make their butt bigger, or certain spinal curvature that allows them to build their lat muscles much quicker. The list goes on!

What do all of these things have in common?

That leads us to Solution #2...

## **SOLUTION #2 TO DOUBLING YOUR MUSCLE GAINS: BREAKING CRAPPY LIFTING TECHNIQUE, & RETRAINING MOVEMENT PATTERNS**

They allow the person to keep the greatest amount of TENSION in a muscle over the longest RANGE OF MOTION (ROM), without having to think about it.

Think about your strongest and best body parts. For most of us, it's the muscle and we just picked up a weight and went to work. You didn't have to think about it; you just did it, right?

Well, no doubt, some muscles will always be easier to feel from day 1. Does this mean that we can't make it so every other muscle feels this naturally, too??

**YES WE CAN!**



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## **This Might Go Over Your Head But It'll Open The Door To Exploding Slabs Of New Muscle Onto Your Frame...**

Do your best to stay with me here...

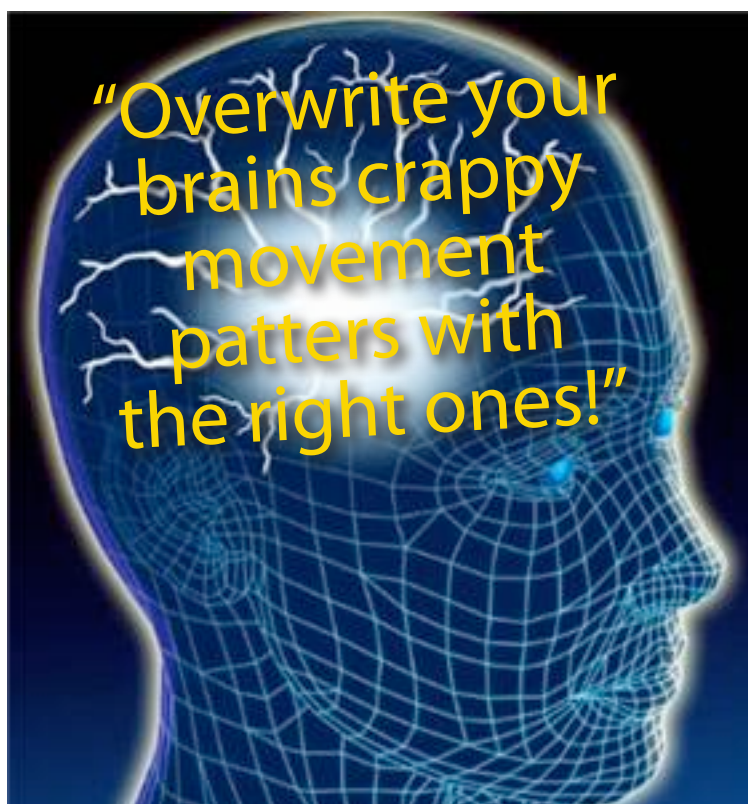
The body moves in a series of predetermined patterns stored in the brain as something called **"engram"**. Basically, your brain remembers certain movement patterns and knows exactly which muscles to fire, and in what sequence, to produce that desired movement pattern.

So, every single movement you make is stored in your brain as an engram. (The only exception is a reflex -like pulling away when touching a hot stove).

The COOL thing is, every single one of these engrams can be CHANGED! It's the amazing discovery called neuroplasticity! (Science geeks read up--- fascinating stuff).

**Basically, we just need to overwrite these old crappy movement patterns with the right ones!**

This does NOT mean that everyone can relearn the engram for sprinting and kick Usain Bolt's butt; sorry peeps, we still have to deal with muscle fiber composition.







## **BUT, it does mean that YOU can bring up ANY “lagging” body part and BLOW RIGHT PAST YOUR GENETIC POTENTIAL!**

As many of you know, I do a lot of work with high-level athletes and I also get to work with many pro bodybuilders. The amazing advantage to being able to work with bodybuilders and athletes as my “test subjects” is that they are typically very “in tune” with their bodies and are able to apply my teaching very quickly.

The benefit of this, for me, is that I can quickly test any theory for validity. The true test, once the athlete understands what I’m trying to tell them, is how long it takes to see results. If the results I’m after are not quick enough, out the door they go, and on to the next theory.

A great example of this **RELEARNING MOTOR ENGRAMS** is with a client of mine-- Mark. He came to me wanting to become a pro bodybuilder but he just couldn’t develop a certain part of his legs (vastus medialis or “tear drop muscle”). So, I had Mark demonstrate a few leg movements for me and it was clear to see that he wasn’t obeying a few basic rules of muscle- building.

- 1) Not maintaining tension – he was bouncing.
- 2) Not maintaining “straight lines”- his hips, knees, and ankles did not line up properly during the movement.
- 3) Not achieving a full ROM during his exercises.

Long story short, we made Mark take a step back. We had him relearn the proper motor engram for legs, applied the other principles set forth here, and he put 3 inches on his legs in 3 months doing the exact same movements and workouts he had done before.



Mark was blown away with how simple it was, and amazed by his results. I wasn't surprised in the least. Actually, I expected it.

OK LISTEN UP! THIS IS HUGE.....

The TRICK when applying this principle is to NEVER use forced reps during the learning phase. When the set is done, it's done. Forced reps will reinforce BAD movement patterns.

We want your brain to remember the ideal movement and NOTHING ELSE. So when it comes time to train, you don't have to think about it!

LEARN it now, grow FOREVER... exploit your will!

Take it from me! I went from a guy who was all legs, and am now well on my way to being one of the world's most balanced and symmetrical pros.

Pretty cool, huh!?

I think so, too ;)

So to summarize:

The key is to overwrite old crappy movement patterns with new ones. For any lifter, especially serious bodybuilders, this is the number one reason you're unable to grow. Knowing the OPTIMAL range of motion – how to fully lengthen (extend) and fully shorten (contract) a muscle – is the key to growing.

A muscle is weakest at the extreme points of the range of motion; i.e., when it is fully lengthened or fully shortened. Putting your muscle into these full ranges where we are most unfamiliar is critical to develop untapped and untrained muscle fibers. Strengthening these weak points of the muscle will strengthen the maximal ability of the entire muscle. It's like when the worst player on the team gets better, even if it's a small increase, the whole team benefits.

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In my upcoming MI40 System I'll teach you the proper anatomical function of each muscle so you can learn how to manipulate everything from shoulder position, hip orientation, spine flexion or extension, wrist position and elbow position in order to isolate „weak” body parts and say goodbye to them FOREVER.

It is important to realize that it is just as easy to learn the RIGHT technique as it is to learn the WRONG one. So why not choose now to learn the right way and say goodbye to crappy results?!



“Re learning proper technique might even help you finally build your calves!”





## **MUSCLE KILLER #3**

### **NOT UNDERSTANDING MUSCLE FUNCTION & HOW TO MAXIMALLY SHORTEN & LENGTHEN A MUSCLE**

IF you want FULLY developed muscles, you must use a FULL Range of Motion and I bet you have NO IDEA what that actually looks like in application!

This may sound a little harsh, but it's really not.

Let me ask you:

- 1) Do you know how to FULLY shorten your lat?
- 2) How about fully lengthen your pecs?
- 3) Can you fully shorten your triceps on pressdowns?
- 4) Could you show me what a fully lengthened bicep looks like when performing incline curls?

I bet you THINK you have the answer, and I'd also be willing to bet that 99% of you would be inaccurate.

***If you're not fully shortening and lengthening your muscles through their complete range of motion, then you're not leaving the gym having maximally stimulated the muscle and no new growth is initiated.***

THIS is one of the major reasons you're getting less than average results.

I would say, of the last 1000 people I've encountered in the gym, ONE has known





what a full range actually means for any of the major muscle groups! If you scored less than 1 out of 4 above, it's okay because this knowledge is not taught in the generic websites and magazines.

**Many pros don't even know about most of these things.**

So, how are you supposed to train with a full range for optimal muscle growth if you don't actually know what it means?

The next thing many of you might be thinking is: so why do so many guys with great physiques train with poor form or do not use a full ROM?

How did these freaky bodybuilders build their bodies with horrible technique?

The truth of the matter is there are probably about 10 guys in the entire world that train with terrible form and grow immense muscles.

TEN. That's 10. Out of the millions that train regularly.

They are the tiny, tiny EXCEPTION, not the rule.

***The rest of these bozos are yanking big weights to appease their buddies and hurting themselves a lot more than they're growing. Sure they might have some muscle, but its usually disproportionate and they look like they're in pain all the time by the way they walk around. Swollen from head to toe.***

Not cool. Not in this day and age anyway. Maybe in the 80s. Parachute pants.

The goal of weight training is to build an aesthetic physique, capable of looking great for years to come. Learn to build a SMART PHYSIQUE and maintain it for life, with less effort.

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I'm sorry if I'm making you feel like you've been wasting your time in the gym. The truth is, most people are actually completely wasting their time.

I don't know about you, but inside the gym is NOT where I want to be spending my spare time!

The beach sounds nice and so does being at home with my dream girl and our soon to be baby boy!

Wherever it may be for you, it's not the gym.

I'm here to help you spend LESS TIME in the gym, and get WAY MORE RESULTS, FAST!!!

Woooooooooooo! 😊  
(See, I get a little excited about this stuff!)





## **SOLUTION #3**

### **TO DOUBLING YOUR MUSCLE GAINS:**

# **LEARNING PROPER ANATOMICAL MUSCLE FUNCTION**

Basically, it boils down to learning the proper anatomical function of each of the muscles and using this to your advantage.

I know it sounds like a lot of work, but don't worry, I don't expect anyone to learn the science. Just follow instructions, make some small changes to the way you train in the gym, and **BAM!** (Batman again! :))

Lets put this to use:

Want big triceps? A fully contracted (shortened) tricep can ONLY happen with your elbow extended behind you, arms slightly internally rotated (palm facing behind you), and fully extended elbow.

Try it now!

You can feel it contract without great effort, right?

**Time for some sweet hammies:**

If you ask me, really well developed hamstrings are a benchmark of a great athlete. If I see someone with great hamstrings, I begin to assume a bunch of things:

- 1) They know what they're doing
- 2) They are a great athlete.
- 3) They look awesome
- 4) They're very fit.

Might just be me, but because so few people have good hamstring development,





I use it as one of my indicators of fitness and exercise knowledge.

The reason most people lack hamstrings is because they never get them anywhere near their shortest position. I watch people on a daily basis yank their butts in the air, not knowingly actually taking the hamstring out of the movement as they do so!

The minute your butt goes in the air at all, less tension is placed on the hamstring. In order for maximum tension and maximum shortening, the hip must be extended; i.e., your butt needs to stay locked down.

Next time you do a lying leg curl, try to do it with NO/MINIMAL butt movement. It will probably feel impossible at first.

This can be a tough one to get into because a large portion of the population lacks flexibility so this might be a bit tough at first. Give it a try though; the contraction will blow your mind.

### ***Execution:***

Lift your chest off the pad as much as is comfortable while leaving your hips pressed against the pad. The goal is to try to align your shoulders, hips and knees in a straight line (or knees slightly extended behind your hips).

Maintain this position without extraneous movement throughout the entire set.

This, in fact, shortens the hamstring muscles from BOTH ends, thereby getting it maximally shortened.

The feeling and contraction is unreal!

In fact, if you want to feel it for yourself right now, stand up, and hold onto something for balance. Keeping your chest up and without leaning forward at all, I want you to simply extend one of your legs behind you until you feel your glute



contract. Got it?

Now, curl your leg (bring your heel up toward your bum). Do not change anything else. It's important that that knee stay behind your hip and your glute stays contracted. (If you have a hard time contracting your glute in that position, your hip flexors are way too tight and this is too advanced for you right now.)

If you got that right, regardless of your current fitness level, you are going to be saying "Wow! I've never felt a contraction like that in my hamstrings before." The crazy part is, it may also appear to be a rather short Range of Motion, right?

"WICKED STUFF, BPak!"

NOW ON TO THE GAMECHANGERS!!!



## **MUSCLE KILLER #4**

### **NEVER KNOWING IF YOU'VE EVER ACTUALLY DONE ENOUGH TO GROW A.K.A. "HAVE I DONE ENOUGH?" OR "SHOULD I DO MORE?"**

For years, I had been searching for the best way to overload my muscles each and every time I go in the gym. I know you can relate to those days when you worked "hard" but still felt like you could have done more.

How do I know when I've done enough to stimulate growth? Are my muscles completely exhausted, or should I be doing more? Ever ask yourself that? I know I have. I remember days when I would get in my car after the gym and say to myself "Damn, I wish I had done more" and legitimately contemplate going back in to do more. I'm sure we've all been there. "I wish there was a way to know that I had completely exhausted every single muscle fiber that I could!"

I CRAVED something that would ensure that my muscles are taken to their limit, and CREATE NEW GROWTH!

Let's first understand something about the human body.

**Our bodies want to maintain EXACTLY as they are.**

It's called homeostasis. For all our attempts to change it, our bodies fight back as much as possible to maintain the status quo.

We need to coerce them! We need to show our bodies that there is a reason to grow bigger and stronger. We are going to be placing some increased demands on these muscles, so you better make them bigger!

In order for this to happen, the stimulus you are subjecting your body to MUST



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be greater than it is used to. Sounds simple enough, right?

***Well, the problem is that your body is smarter than you are. It's going to tell your brain to shut your muscles off. It doesn't want to do all this work you're subjecting it to, so it starts to create lactic acid.***

Lactic acid builds up and your muscles STOP! This is a fact we cannot control.

Being a research junky, I had always read about overloading the muscle and overloading the nervous system to stimulate new muscle and strength gains, respectively. Time under tension was proven to be the number one factor that correlated with muscle growth and overload!

Something clicked in my brain!

Time under MAXIMAL TENSION!! This had to be better than just time under tension!

And so, my GROWTH BABY was born!





## **SOLUTION #4** **TO DOUBLING YOUR MUSCLE GAINS:** **NEUROLOGICAL OVERLOAD SET-NOS!!**

So, you're in the gym, feeling all cool and pumped up for today's big workout. You feel strong and you feel like you're going to build some serious NEW MUSCLE today!

You pick up a BIG weight that you know you can rock for a perfect 8 reps!

You knock out the first 4 reps, piece of cake.

Rep 6 comes around and here comes the burn!

Rep 7, ooooh it's getting heavy. Muscles burn like fire.

8th rep is darn near impossible, but you get it.

You set the weight down and stand up. You feel a bit of a pump in your muscle, but nothing great. You feel like you could have done more but you know you gave it your all; your body just shut off.

***Was it because your muscle was actually completely exhausted? Or if someone put a gun to your head, could you have done more?***

Is there ANY way you could have asked your muscles to continue to work? Maybe you could've extended that time under tension just a little bit?

OF COURSE!

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Your brain clicks on and you hear “Eye of the Tiger” playing somewhere in the background (Rocky soundtrack always randomly turns on at times like this, people...you know that! ;))

You grab a slightly lighter weight and keep rockin’!

You blast out 6 more reps! Your Time Under Tension IS WAY greater now.

You even knock out a couple of partial reps with perfect form!

Somewhere in the back of your mind you see Rocky running up those stairs and feel the urge to march on!

You grab the next weight and smash out another 6 perfect reps!!

So fired up, nothing can stop you now! You continue one more time with a slightly lighter weight.

WOW!! Now you’re cooked. Your muscle couldn’t budge another rep, not another partial. You could barely lift the weight of your arms.

**THIS is what we call VICTORY!**

You have just elicited the MOST AMAZING environment for muscular growth imaginable. Congratulations! Rocky would be proud!

By taking this set to complete





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muscular failure, not only have you overloaded your muscles, and your overloaded nervous system, you have also just started the process of creating the optimal hormonal environment for growth.

When you take your muscles to exhaustion, your body now sees a need to make them bigger to adapt to this type of stimulus so it starts releasing Growth Hormone and IGF-1 (insulin-like growth factor).

These two hormones are HIGHLY correlated with muscle growth and reduction in body fat!

That brings us to.... the next GAMECHANGER!

This one is the glue that binds it all together.

Now that I've shared just about every secret you're ever going to need to know about building muscle inside the gym....

It's time for what you need to know OUTSIDE the gym.





## **MUSCLE KILLER #5** **GAINING FAT FASTER THAN YOU GAIN MUSCLE!?**

I'm not going to sit here and assume you all don't already know how important nutrition is to optimizing growth. I KNOW you do.

People come to me all the time and ask *"What is the BEST approach to take if I want to gain muscle and lose fat?"*

Is that even possible?

Well, the truth of the matter is that, yes, it is absolutely possible.

Is it easy? Of course not. BUT it is SIMPLE.

Let me do my best to explain.

Your first consideration when it comes to nutrition is **RECOVERY.**

You need to always ensure that your body has what it needs to recover when it needs it.

It is very important to nourish your muscles around the workout.

Your muscles need protein, in the form of amino acids, present in the bloodstream ALL the time or the body will start to leach those aminos from other parts of your body (Read: break down your muscles). This is BAD NEWS for those of us trying to build muscle.

REMEMBER: Weight training is a catabolic process -- it breaks down muscle! It's when we leave the gym and feed the body that the growth and re-growth processes occur.



Whenever possible we want to minimize the amount of muscle breakdown during the workout. In order to do this, certain essential nutrients **MUST** be present:

- branch chain aminos
- glutamine
- arginine
- antioxidants
- glucose
- zinc

This is your first consideration when it comes to building muscle.

**The other main considerations of an intelligent nutrition plan are timing of nutrients, and ratio of nutrients (percentage of fats/carbs/proteins).**

How do I know **WHEN** to **EAT WHAT**?

I think by this point in my life I have probably read **EVERY** nutrition book ever written (or at least started to read them all. Some are terrible so I toss them out halfway through).

I have probably tried every single logical approach to nutrition at some point in my life.

I was once a vegetarian; I have tried really high carb, low protein; I have tried high protein, low carb; zero carb; zero fat; gluten free; Ketogenic diet; Metabolic diet; Hollywood diet; Fasting diet....you get the idea!

The only one I think I haven't tried yet is raw food diet because I just don't think I could support my bodyweight with the limited food sources.

I could tell you pros and cons of each one for someone trying to build muscle and optimize their body composition (a.k.a., Lose Fat).





My approach to nutrition is very much a hybrid of them all. I believe I have taken the best points from each one and manipulated them to create a formula for people trying to build lean muscle without the excess fat.

## **SOLUTION #5 TO DOUBLING YOUR MUSCLE GAINS: 3-PHASE NUTRITION**

**Phase 1 of “3-P” is the “recovery” phase.**

This phase is centered around taking the time to ensure that your body is getting everything it needs to recover from the overload of weight training and daily stress that you subject it to.

The idea here is to take time to establish the EXACT minimum requirements to meet your bodies needs on a day- to- day basis. As the recovery process begins DURING the workout, so does the P-1 phase.

The calculations are quite simple and applicable to everyone.

### **Workout carb requirement:**

Lean Bodyweight x 0.3= Liquid carb requirement for growth(G)

Lean Bodyweight x 0.3/2= Liquid Carb requirement for fat loss(FL)

We now use this number [(G) OR (FL)] as our baseline number.

### **Post workout Window- Protein Requirement:**

Multiple your baseline number x 2 for your post- workout protein requirement.



Divide your baseline number by 2 to get your BCAA and Glutamine amount in grams. Split BCAA And Glutamine into 2 equal servings, pre- and post- workout.

So here it is in action...

### **EXAMPLE**

MI40 Massive Muscle Builder #1 weighs 170lbs and is 10% bodyfat (therefore 153lbs lean). He is looking to gain muscle.

His calculation looks like this:

$153 \times 0.3 = 51$  grams of carbs to be consumed \*around workout.

1) He should try to consume 102g of protein in the 3-hr “POST WORKOUT Window”

2) He should consume 25g of BCAA and 25g of Glutamine each, divided into two servings. One pre- workout, and one post- workout. (12.5g each time)

Pretty simple, right?

Take the time to calculate YOUR ‘P1’ values NOW!

Do not waste another minute in the gym if you’re not supporting the recovery process.

### **Phase 2 of “3-P” is “Setting your metabolism”**

The second phase of 3-PN is all about establishing your metabolism where YOU want it to be!

Yes, this is absolutely possible.



Someone wanting to lose body fat should look at getting their metabolism going as fast as possible before they start the fat burning process.

For some people, this may take up to 3 weeks; others may achieve it in a week.

The standard amount of time for this “metabolic recondition-ing” is 10 days in MI40.

The timing of your food is extremely important. The ratio of protein/carbs/fats is also obviously extremely important.

This phase is also very important for teaching your body how to use nutrients the way you want it to. It's no secret that 80% of North Americans do not use carbohydrates well. It will be during P-2 that we diligently time your nutrients and use the proper supplementation to allow your cells to re-learn how to properly use carbohydrates.

**More effective use of carbohydrates = more muscle growth and less fat!**

***My complete MI40 System is being released to the public on November 29th for a special \$30 Off Launch Special and I'll walk you through this phase step-by-step.***

**Phase 3 of “3-P” is the phase that is most important to directing and guiding your body exactly where YOU want it to go.**

This is the phase where we add or remove calories/nutrients to achieve the specific goal we have set out to achieve.

Most of the participants of MI40 are going to be following what is called a “P-3+” phase.





This is specifically designed to ensure that your body is getting all the nutrients it needs AT THE RIGHT TIMES!

***Nutrient timing is THE ONLY WAY to manipulate gains: WHEN your body gets WHAT is the number one most important growth variable outside the gym.***

MI40 is going to be pushing your limits of physical performance and growth. Your body is going to require a greater amount of nutrients than it is used to. This is necessary to support all the growth processes.

***“But, wont I get fat?”***

NO. If you push your physical limits in the gym, your body is going to have a huge increase in demand for nutrients and will burn right through them. To ensure there is NO FAT STORAGE, MI40 will also prescribe a certain degree of **NUTRIENT CYCLING**.

We give your body all that it needs to grow. Filly those muscles right up so they are strong and ready to grow and recover. Just when they are just about filled to the max, we manipulate the nutrient ratios and prevent spillage.

ALWAYS maintain your P-1+ status. This means you keep your recovery protocol exactly as prescribed above(+).

This is essential to maintain recovery and prevent muscle wasting.

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# 5 TRICKS TO IMMEDIATELY **DOUBLE YOUR GAINS**



**On November 29th,  
I will be releasing the full**



**SYSTEM**  
**via a closed door invitation only presale.**

It combines literally everything we've discussed in this report (and a ton more) in to a full-on, step-by-step, 6-week muscle-growing program that will have you double and even triple your gains in half the time.

And because you downloaded this report, you will have the opportunity to get the entire system before anyone else, AND at a sweet discount with some surprise bonuses.

Beyond that, I'll also be hooking you up with even more FREE content over the course of the next two weeks, including an opportunity to win one of FIVE free copies of the entire MI40 system that we'll be giving away. Stay tuned; I plan to take very good care of you.

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## **WHO IS BENJAMIN PAKULSKI?**

Ben is a graduate of the University of Western Ontario, with an honors degree in Kinesiology. His post graduate work has taken him all over the globe to collaborate with the World's authorities on performance nutrition, exercise physiology, and biomechanics --the study of human movement.

Ben's intelligent approach to muscle-building has taken him to the top of the professional bodybuilding world. He is recognized around the world, having appeared in every major fitness magazine in North America and Europe. His name has become synonymous with an intelligent and healthy approach to bodybuilding. Ben takes enormous pride in being a great role model for fitness and bodybuilding enthusiasts, both young and old, all around the world.



The highly educated Ben is a highly sought-after public speaker on the matter of nutrition and exercise science. He is a regular contributor to FLEX magazine and has appeared on the cover of numerous international publications since 2007.

Ben has an enormous passion for fitness and for life. He quotes himself as being



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“a lifelong student of fitness and nutrition”.

What sets Ben apart from the rest?

He’s constantly seeking a better solution. Pakulski will take nothing as rule. He is constantly searching for a way to improve on his training, nutrition, and health.

He recalls this journey of health beginning as young as 12 years old when he started reading a book on the benefits of vegetarianism. Ben has certainly come a long way since then. (And Yes! He was once a vegetarian for a 2- year period).

“I wish you all my encouragement, luck, and success in your fitness and health endeavors. I hope my sincerity, love for fitness, and passion come through in all that I write!”

Set your goals high, reach for the stars!

Benjamin Pakulski

